

## Statistics Report 15159, Mollusks, clam, mixed species, cooked, moist heat

Report Date: September 22, 2015 04:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	63.64	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	148	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	618	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2011
Protein	g	25.55	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	1.95	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	3.74	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	5.13	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
<b>Minerals</b>													
Calcium, Ca	mg	92	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	2.81	--	--	--	--	--	--	--	--	Calculated or imputed	15160	07/2013
Magnesium, Mg	mg	18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phosphorus, P	mg	338	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	628	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na <sup>a</sup>	mg	1202	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2011
Zinc, Zn	mg	2.73	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.688	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	1.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Selenium, Se	µg	64.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	22.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Thiamin	mg	0.150	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Riboflavin	mg	0.426	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	3.354	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.680	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.110	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, total	µg	29	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	29	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, DFE	µg	29	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	98.89	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin A, RAE	µg	171	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin A, IU	IU	570	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
<b>Lipids</b>													
Fatty acids, total saturated	g	0.188	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.120	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	0.172	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	0.552	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.138	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.104	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	67	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
<b>Amino Acids</b>													
Tryptophan	g	0.286	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	1.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	1.112	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.798	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	1.909	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine	g	0.576	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.335	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.915	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.817	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	1.116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.864	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.490	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.545	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	2.464	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	3.474	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	1.598	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	1.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	1.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

**Footnotes**

<sup>a</sup> Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 112 mg sodium/100g.

